



**Quick actions can save a life.**  
**Learn techniques to stop a bleed until help arrives.**

## **Free Training**

**Wednesday, July 20**

10:00 - 11:00 am or 1:30 - 2:30 pm

**Saturday, July 23**

10:00 - 11:00 am

\*Only one, one-hour course is needed to complete the training.

**Register online:** <https://www.surveymonkey.com/r/JW7L3WR>



Florida Department of Health, Martin County  
3441 SE Willoughby Blvd., Stuart

Questions: 772-221-4959